



WE CU VOLUNTEER

SOUTH CAROLINA 4-H PRESENTS

VOLUNTEER LEADERS SYMPOSIUM

Aug 15 | 8:30 AM - 4 PM EDT via Zoom
Register online @ <https://tinyurl.com/sc4hvolunteer>

We are pleased to announce that registration for the 10th annual 4-H Volunteer Leaders Symposium is now open!!! The event will be hosted via Zoom on Saturday, August 15, 2020. (Registrations must be received by August 10th to guarantee a spot in the conference.) Agents and volunteers are both welcome to attend as we go back to the basics and focus on 4-H fundamentals for use now and pushing forward. A major advantage to this virtual

environment is that we can offer this experience for FREE and participants can join as much or as little of the symposium as they care to from the comfort of their own homes. We have an outstanding slate of experts ready to present from across the Southern Region. For questions, please contact Ashley Burns at taberp@clemson.edu or 404-580-7984.

Register

Upcoming Statewide Programs:



Wildlife Food Plot Project
Runs Sept. 2020 – Jan. 2021
Support local wildlife habitat by planting a food plot! (ages 5-18)

Register by August 7



Journey to Mars @ Home
At your own pace
Timed just right for the 2020 Mars Perseverance Launch, activities online!

Visit our website



Volunteer Leaders Symposium
August 15, 2020
Join us for a free online symposium with a variety of workshops.

Register by August 10



National 4-H Volunteer Conference
Sept. 24-26, 2020
A virtual volunteer conference for adults across the country!

Registration coming soon!

Out of an abundance of caution for the health and wellbeing of clients, agents, and staff and to slow the spread of the COVID-19 virus, the unprecedented step was taken to close all 46 Clemson Cooperative Extension Offices to the public in consultation with Extension administrators, University officials, partnering agencies and stakeholders.

Agents and staff continue to be available by telephone and email, as well as diligently pursue alternative program delivery methods.

Effective March 18, 2020



Monthly 4-H Club Activity Idea

By Ashley Burns, Assistant 4-H Director



Creating a Positive Mindset

Objective: To take actions that develop a positive mindset for kids.

Age Range: All ages.

Hands-on Activity: Create a kindness jar and write down things for which you are grateful.

Life Skills: HEAD = resiliency;
HEART = empathy, concern for others, sharing;
HANDS = self-motivation;
HEALTH = self-esteem, character, healthy lifestyle choices,
stress management, & disease prevention.

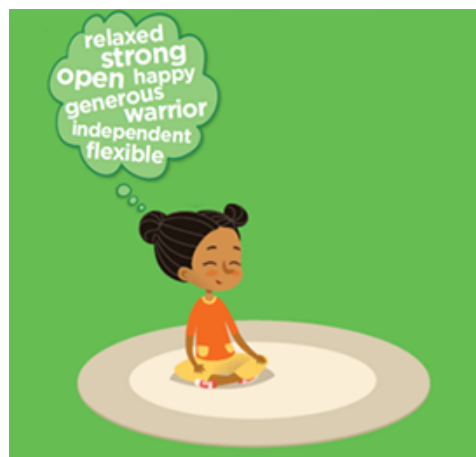
Introduction

During stressful and unstructured times, it is easy to fall into bad habits and succumb to the effects of negative emotions. Our personal mindset affects our attitudes, relationships, and even our health! Amidst a global pandemic, it is more important than ever to take actions that have positive effects on our health and wellbeing.

Below are two simple activities that use positive thinking for an intentional approach and reflection, behaviors that have been linked to creating positive attitudes. Research in positive psychology has linked intentional acts of kindness and daily reflection of things we are grateful for to decreased stress and anxiety. While having more money does not make people happier; the science of happiness tells us that you can be happier by spending money on other people, even strangers (Dunn et al., 2014).

Kindness Jar Materials

- Container of some type (clear preferred)
- Items to add to jar (pom-pom balls, jelly beans, rocks, marbles, etc.)



Activity Instructions

1. Decorate a household or family kindness jar that will hold the items you have selected.
2. Discuss what 'kindness' means to everyone and share an example of an act of kindness (e.g., doing something for someone, saying kind words).
3. For designated period of time, add an item to the container for every act of kindness someone demonstrates.
4. Set a goal and do an activity together once the jar is full. (e.g., When the jar is full, bake cookies together.)

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Gratitude Journaling Materials

- Designated location and mechanism to record gratitudes (e.g., notes on digital device, journal, scraps of paper to put in another jar, etc.)

Activity Instructions

1. Set aside a certain time of day to take a few moments to think of three things for which you are grateful.
2. Write these things down. It does not matter if you use a digital device or pencil and paper. (If you get on a roll and think of more than three, you can keep going, but do not feel pressured to do so.)
3. Repeat this reflection and journaling practice daily. (After two weeks, habits can form and this will be an active part of your daily routine to shape a positive outlook.)



Figure 1. Example of a Kindness Jar using pom-poms.

Reflection

Think about how the actions of participating in a Kindness Jar and Gratitude Journaling affect the way you look at the world. How has it influenced your intentions, actions, or mood? Which activity has had the greatest influence on your relationships? Why?

Conclusion

The study of positive psychology tells us that our brains do not always know will make us happy. However, there are some proven actions that have been associated with positive thinking. We can do things that make us happier and healthier, but they are not one-time events that have permanent or lasting effect. Daily doses of positive thinking can intentionally influence our cognitive mindset to improve our mood and level of happiness long term.

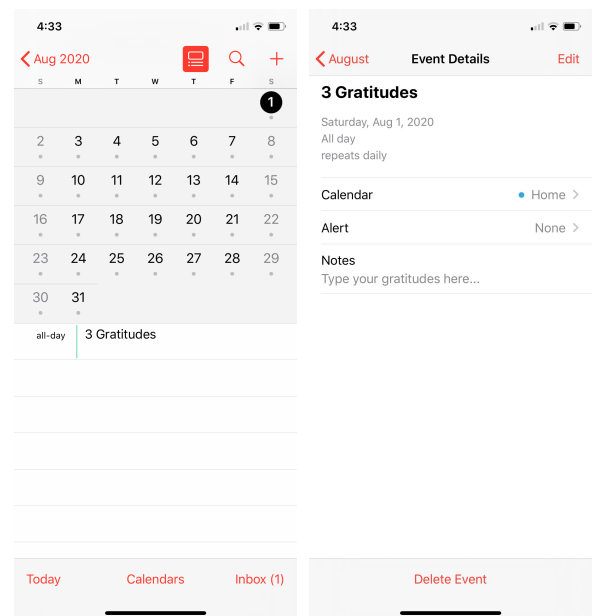


Figure 2. Example of using a smart phone's calendar application to record daily gratitudes.

Additional Resources:

- Dunn EW, Aknin LB, Norton MI. Prosocial Spending and Happiness: Using Money to Benefit Others Pays Off. *Current Directions in Social Science*. 2014;(23)1: 41-47.
- Newcomer, C. 2016. Three Gratitudes. <https://onbeing.org/poetry/three-gratitudes/>
- Thompson, K. 2020. Inspire Kids to Do: Kids' Mindfulness Guide. <https://4-h.org/about/blog/inspire-kids-to-do-kids-guide-to-mindfulness/>

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